



The Grape Affair

March 2015

Grapevine Senior Activities Center

Play **OFTEN** - Play **GRAPEVINE**

421 Church Street ~ Grapevine, Texas 76051 ~ 817.410.3465

Hours of Operation: Monday - Friday 8 am to 3 pm

playgrapevine.com



Highlights for the Month March 2015

- 2 Computer Registration
- 3 Your Dash
- 4 Matter of Balance begins
- 5 Participant Meeting
- 6 Food Handlers Training
- 13 Quilt Show Trip
- 19 FOPS Trip
- 20 "Sound of Music"
- 21 Opera Simulcast
- 23 Young@Heart Gardeners
- 24 Go Go Girls Trip
- 27 Yummy in My Tummy
- 31 Charles Schulz Exhibit
- 31 AARP Driver Safety

Looking Ahead April 2015

- 7 Senior Advisory Board
- 15 Rangers Baseball Game
- 27 Young@Heart Gardeners

Fraternal Order of Plaid Shirts

The men will visit the Grapevine Historical Museum for a look at the history of the City of Grapevine and the Grape Vine Prairie on Thursday, March 19. After that look at the past, they will enjoy lunch at one of the newest food eateries in town, Meat U Anywhere BBQ. The bus leaves at 9:45 am and returns by 2 pm.

Dallas Quilt Show 2015

We will attend this show at Dallas Market Hall on Friday, March 13. The bus leaves at 9:30 am and returns at 3 pm. Tickets for seniors at the door are \$9. Advance tickets may be purchased at quilt stores for \$8. Food is available, but it is recommended that you bring your lunch to save time. Sign up at the front desk.

Go Go Girls

Dallas Blooms at the Arboretum is the largest floral festival in the Southwest and features more than 500,000 spring blooming bulbs along with life-size Texas themed topiaries. Join us on Tuesday, March 24 to stroll through the gardens. Bus leaves at 9:30 am and returns by 3 pm. Lunch may be purchased at the Arboretum or you may brown bag it. Cost of the trip is \$12; reservations need to be made by Friday, March 20.

Young@Heart Gardeners

On Monday, March 23 at 10 am, come and learn why toads and frogs are good for the garden. Entice them to your garden by being a custom home builder. Using a terra cotta pot, you will design and construct your toad abode. Once they move in, they will dine on mosquitos and provide nightly serenades. Class meets at the Mitchell House. Sign up at the front desk with your \$5 payment.

A Matter of Balance

A Matter of Balance is an award winning program designed to help adults 60+ years of age reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls. Janie will be conducting these classes March 4-26 on Wednesdays and Thursdays, 9-11 am. Enrollment is limited to develop a comfortable sharing environment among the participants. Call Janie at the SAC for more information and to enroll.

"Peanuts...Naturally" Exhibit and Lunch

Come join us for a fun day in downtown Grapevine as we visit the "Peanuts...Naturally" exhibit currently in the Tower Gallery. The exhibit takes a light-hearted look at Charles Schulz's nearly 50 year exploration of the natural world through Peanuts comic strips, videos, objects and interactive stations. Afterward we'll catch a conversation between the Would Be Train Robbers, Nat and Willy, in the Grapevine Glockenspiel before heading to lunch just up Main Street at Tolbert's. The restaurant was recently highlighted by dallas.eater.com as one of the 25 restaurants every Dallasite should visit. We'll leave the SAC at 10:45 and return by 2 pm.

Your Dash

On March 3 at 11 am, Logan Smith with Your Dash will be speaking about a fun, new and easy way you can preserve all of your photos, videos, audio recordings and other memorabilia on your own website for future generations. There is no cost to attend the presentation and refreshments will be served. Bring your family and friends!

AARP Tax Aide through April 15

If you need assistance with your taxes, certified volunteers are available on Wednesdays from 8:30 am – 1:30 pm to help those in the low to middle income range. Special emphasis is given to those 60 years and over. Please call today for an appointment.

"The Sound of Music"

Covenant Christian Academy has graciously invited us to their complimentary senior citizens performance of this musical on Friday, March 20. Refreshments will be served during intermission. Sign up at the front desk if you would like to attend. The bus leaves at 1 pm and returns approximately at 4:30 pm.

Collette Vacations presents Islands of New England – August 24-31, 2015

Beginning in Providence, Rhode Island and continuing on to Newport and Boston, you'll spend several days on Cape Cod exploring Martha's Vineyard, Nantucket, Hyannis and Provincetown. You have a choice of setting out on a whale watch cruise in Cape Cod Bay or embarking on a scenic adventure through iconic sand dunes of the Cape. A traditional lobster feast completes your New England experience. Rates which include round trip air from DFW, air taxes and fees/surcharges, plus hotel transfers are: Single - \$2,979; double - \$2,579 and triple - \$2,549. Book before March 24 and get \$100 off. Brochures are available at the SAC.

March

Sunday	Monday	Tuesday	Wednesday
1	2 8-2 Table Games 9-12 Computer Registration 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 1-2 Computer Registration 2:00 Mah Jongg	3 Birthday 8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 11:00 Your Dash 12:30 Art with Hanz 1:00 Bingo	4 8-3 Table Games 9-11 Matter of Balance 9:30 Bank & Post Office 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot
8	9 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg	10 8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:30 Art with Hanz 1:00 Bingo	11 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot
15	16 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg	17 8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:30 Art with Hanz 1:00 Bingo	18 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot
22	23 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 10:00 Young@Heart* 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg	24 8-12 Table Games 9:30-3 Go Go Girls** 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:30 Art with Hanz 1:00 Bingo	25 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers 1:30 Hand & Foot
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2015

Thursday	Friday	Saturday	Notes
5 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 12:30 Participant Meeting 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	6 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 12:45-2 Food Handlers Training*	7	*Food Handlers Training If you would like to volunteer to help serve lunches, please attend this SCS mandatory training to receive your certification.
12 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	13 8-3 Table Games 9:30-3 Quilt Show* 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Wii	14	*Quilt Show Dallas Market Hall Hosted by Quilters Guild of Dallas Sign up at the front desk. Cost at the door: \$9
19 8-3 Table Games 9-11 Matter of Balance 9:45 FOPS Trip* 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginning Line Dancing 2:15 Intermediate Line Dancing	20 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1-4:30 Sound of Music**	21 5:30-11 pm Dallas Opera Simulcast <i>La Boheme</i> AT&T Stadium	*Fraternal Order of Plaid Shirts Grapevine Historical Museum Lunch at Meat U Anywhere BBQ **Sound of Music Covenant Christian Academy Sign up at the front desk.
26 8-3 Table Games 9-11 Matter of Balance 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	27 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Yummy in My Tummy	28	*Young@Heart Toad Abode Cost: \$5 **Go Go Girls Dallas Arboretum Sign up by: March 20 ***Yummy in My Tummy Debbie Gill Keller Williams Realty
		Please remember, you must pay for all trips at the time of reservation. No spots will be held without payment. SCS Lunches served each Monday-Friday 12 Noon	Blood Pressure Checks and Birthday Cake <i>courtesy of</i> Woodridge at Grapevine Health & Rehabilitation

The Grape Affair
421 Church Street
Grapevine, TX 76051
facebook.com/GrapevineSAC



PRESORTED
STANDARD
U.S. POSTAGE
PAID
GRAPEVINE, TX
PERMIT NO. 140

Helpful Phone Numbers:

First Call for Help and
United Way Information and
Referral Line
2-1-1

Northeast Transportation
Service (NETS)
817.336.8714

Grapevine SeniorMovers
817.410.3465

We thank the following sponsors of our recent Soup & Socks event:

- HomeCare Assistance
- Meadowood Assisted Living &
Memory Care at the Vineyards
- River Oaks Assisted Living &
Memory Care Community
- Blue Cross Blue Shield

Dallas Opera Simulcast

Join us on Saturday, March 21 for a free trip to the AT&T Stadium to see the simulcast of Giacomo Puccini's beloved 19th century masterpiece, *La Boheme*. The cast includes Ana Maria Martinez, Bryan Hymel, Davinia Rodriguez, Jonathan Beyer, Alexander Vinogradov, Steven LaBrie and Stefan Szkafarowsky. *La Boheme* is one of the three operas believed to be the most popular ever written. It is the story of young people falling in and out of love in the midst of poverty in Paris in the 1840s. Please note that there are restrictions on what can be carried into the stadium. Purses cannot exceed 8.5" x 5.5" with or without a handle. Approved items are NFL approved bags that are clear plastic, vinyl or PVC and do not exceed 12" x 6" x 12" and one-gallon clear plastic freezer bags such as Ziploc bags or similar. No briefcases, backpacks, fanny packs, cinch bags, luggage, computer bags or camera bags are allowed. Compact cameras (still only) are permitted as long as their use does not interfere with the event or other guests' enjoyment of the event. Medically necessary items after proper inspection at a gate designated for this purpose are exempt. Food and drink may be purchased inside. The bus leaves at 5:30 pm and returns at the conclusion of the performance.

OPENING SOON!

